



Chili cook-off serves up heat
Lucky fundraiser supports the United Way.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Seniors clip grizzlies
We move from one thing closer to playoffs.
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WEDNESDAY, OCTOBER 12, 2011

CONCORDIA COLLEGE, SPOKANE, ID

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Piercing was his calling

BY MICHAEL WELLEY

When someone is a piercer at a tattoo shop, other people might wonder why they chose that to be their career out of all the job choices there are. Sometimes, being a piercer just happens.

That's how it was for Jason Williamson, owner of and piercer at Thrive Studios in Coeur d'Alene.

Williamson was the business type for years, had a business partner at one time.

"I really love the business side of things. I had always wanted to open up my own business."

When he had found at the time roomed an offer to open up a tattoo shop, he wanted to have a piercer at the studio as well. However, Williamson didn't know much about piercing at the time.

"I only had one piercing on my ear, and I didn't have much knowledge about it, but he was my best friend and I did not like the position I was in with my job," Williamson. He also said to him, at his partner put the

idea of being a piercer into his head, he couldn't stop thinking about it. He was intrigued.

That was when he decided to look into enrolling in a school for piercing, but he says discovered that one didn't exist.

Despite being discouraged, he started looking for some one already in the industry who would take him on as an apprentice.

He managed to find a piercer who was ready to leave the industry.

"She had all the tools and knowledge and was willing to sell me the equipment and teach me how to pierce," Williamson said.

Although an apprenticeship is supposed to be roughly a year and a half – he was two weeks. After she sold him her equipment and got her money, she left him high and dry.

He said at that point he was offered a job, but felt that piercing was a missing hole in his life.

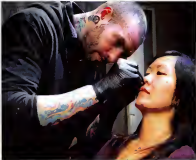


PHOTO BY MICHAEL WELLEY

Janyo Long, 18, looks nervous as piercer Jason Williamson pierces her nose for the first time at Thrive Studios in Waterville on Oct. 1.

SEE ILLUSTRATION, PAGE 12

Staff member growing his hair as ALS fundraiser

BY JOHANNA MYNBERG

Imagine suffering from a disease that there is no cure for, one that you know, or the one will tell you.

At Concordia, internal science class (MSS), also known as Lou Gehrig's disease is one of those diseases, and one that Bart Lest, an individual both biologist at Concordia College, knows only too well. His mother or Joanne died from the disease on February 2011. Lest decided to never cut his hair until he returns to raise money for the cure, variations of MSS.

Lest said his last trim was March 6, 2012.

ALS is a rapidly progressive neurodegenerative disease in which nerve cells die and leave voluntary muscles paralyzed.

Lest said the idea behind growing his hair came from his days as high school. A fellow student was known for his long hair and when one day he came to school with his head completely shaved, that is something that everyone remembers.

"When I return, at least they will remember my presence at the college," Lest said.

ALS is diagnosed through an elimination process as the symptoms closely match those of a number of other diseases or neurological disorders, such as multiple sclerosis. Those symptoms include weakness limbs and slurred or raspy speech.

Lest and his brother, Garret, who lives in Washington D.C. has started a foundation called Breathe for ALS, to help raise funds and awareness for the ALS community.

Breath for ALS will play for free at any fundraising event as long as the proceeds go to a local ALS organization.

Lest said he hopes his hair will be able to come back and play when he cuts his hair at his retirement party.

He hopes to get other people motivated in doing something like this as well.

"Remember just that I have to go to get other people involved who want to do the same for charity," he said, adding that



PHOTO COURTESY

Bart Lest before he began growing his hair in March.

it can be any charity, not just the one he chose. "I've talked to a few people and they're showing interest."

According to ALS.ca, patients suffering from the disease need a lot of support from family.

"ALS is a very costly disease. In our state, my whole lifetime, \$250,000 and \$500,000 over the course of the disease for equipment and care and caring for a loved one has a huge financial



PHOTO BY JOHANNA MYNBERG

Lest, an audio-visual technological at Concordia College's Deane complex, is growing his hair to raise awareness and funds for ALS. Also known as Lou Gehrig's disease.

impact on families across the country," the website states.

Deane Shapiro, also an audio-visual technician at Concordia College's Deane complex, and who also shares an office with Lest, supports his endeavor. "I think it's a really great idea," she said. Lest is excited to see how

his effort unfolds.

"It's about raising awareness. I want to do it until I retire, although I don't know what the date is yet. It's depend on certain things," Shapiro is a simple guy, he said.

If interested in sharing your head for your own cause, contact Lest at ext 2294.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What's the best Halloween costume
you've ever seen?



"A Transformer that actually transformed into a plane - from really creative!"

Krystal Richards,
first year
interior decorating

"A Ripley's Case with phasing pictures because it was fascinating and she made it herself!"

Monika Fawcett,
second year
accounting and marketing



"Johnny Duggan is Fear and Loathing in Las Vegas - he acted like his life stinks!"

Taylor Gossnell,
first year
social science studies

"Adult baby because he was an adult diaper, went all out, and wasn't afraid to be himself."

Bobby Merrill,
first year
broadcast journalism



"A dead prom queen because it looked really realistic and scary."

Leah Beckschlag,
second year
business marketing

"Dog the Bounty Hunter because he went all out and kind of looked like him."

Bonnie Black,
third year
studio arts
celebration



Only Conestoga students can vote on our next question!

BY BOB HENNINGSON

The Cambridge Winter Hawks took to the air on Oct. 30 sporting "purple polka-dot" and though it didn't seem to help their game much, as they lost yet another close game at the hands of the Brampton Beaters, it helped educate people on the dangers of polio and the need to eradicate it throughout the Third World.

The significance of the "Purple Polka Project" is that when children are vaccinated for polio in affected countries, their parents are told purple to show that they've been vaccinated and prevent an accidental double dosage.

For over 35 years, the Rotary Club has been working to eradicate this crippling childhood disease with great success. Last year there were no new reported cases of polio in India, and Niger, which was the last polio-free country in the world.

"It's not just a disease in the Third World, it can still exist here in Pakistan and Africa, so we need to continue to raise awareness and educate our kids in Canada," Wilson said.

Dr. Margaret Chan, director-general of the World Health Organization, calls the more than 1.5 million Rotavirus vaccine patients as the polio eradication effort.

"This unique initiative began because of the success of Rotary International," Chan said.

This is the second year the Winter Hawks have sponsored this annual event, according to Anne Knight, spokesperson for the Winter Hawks, as a way to educate people and make them aware of the potential dangers of polio and

its effects on children.

"While it would be a great opportunity to try and raise money for the Purple Polka Project, Rotary International's primary role in this event with the Winter Hawks is awareness about the necessity to eradicate polio in those countries where it remains endemic," Knight said.

Polio is a highly infectious disease caused by a virus. It attacks the nervous system and can cause irreversible nerve damage in hours. Though the disease can strike at any age, it primarily affects children under five years of age.

The disease is spread by person-to-person contact. The virus enters through the mouth and then quickly spreads to the intestines and then sheds into the environment through the child's feces. Since most young children are not yet toilet trained, the disease is passed on quite easily by caregivers who don't wash properly after changing

the child and who then handle food.

There is no cure for polio, only treatment to alleviate the symptoms.

However, polio can be prevented with immunizations of the polio vaccine. In given, these shots over 18 months, beginning at two months, it almost always protects a child for life. And the cost is as little as 50 cents to protect a child.

Polio has been eradicated from 99 per cent of the world, only Afghanistan, Nigeria and Pakistan remain. Dr. Wilson estimates that as long as one child remains infected, there is always a risk of re-infection, putting children around the world in danger of contracting the disease.

So even though the Winter Hawks were not victorious on the night, these help in educating the public on the world-wide fight against polio was far more important than any "W" in the win column could have ever been.



PHOTO BY BOB HENNINGSON

Haley Wilson poses in a "purple polka-dot" at the Winter Hawks game in Cambridge on Oct. 30.



PHOTO BY BOB HENNINGSON

Wilson (left) and the Cambridge Winter Hawks proudly display their "purple polka-dot."

CSI launches awareness website

They hope it increases student involvement at the college

BY WENDY BRYAN

If you want to keep in all the friends and connections at the college, then take a look at Connectage Students Inc.'s awareness website.

The site, which has been up since last year, went through a revamp this school year, giving students insight into what CSI is all about. "They can also get information about activities CSI is holding and receive from meetings."

"Since students are moving online, we're posting a lot of our information digitally," said Clara Byrne, president

of CSI. "We've moved to a new social media type site so students could access it as if it was if they wanted it."

Throughout the past couple of years, students have created several groups per semester to Connectage College on Facebook. The idea of the website was to blend all of them together, by providing a platform where students can share ideas, get information on clubs, buy and sell textbooks and support with other students.

CSI has seen the number of students using the website increase from when it first started. This year, approx-

imately 1,200 students are using it on a regular basis.

"The students are getting more involved," said Byrne. "This past month and a half alone, we saw more students getting involved in our activities."

It was difficult for CSI to update the website entirely last year, because everything was still new to them. But this year, CSI has given its members and members the number of students signing up members and to run by the numbers. They believe that social media will help in paying students' interests.

Byrne said she expects to see the site go up even more within the next few years, but she hopes by then the site's capabilities will be refined completely, making more students want to join a and become involved in the college's events and activities.

Helene Fels, program and communications coordinator of CSI, oversees the website and is responsible for making sure the events website keeps to-date and posting updates to students' questions. Fels also hopes it becomes popular

among students.

The website is run by the web development company Quantum, and costs CSI \$300 a month to maintain. The company specializes in websites for student services.

"When there's something big that we need done, they'll do it," said Byrne.

"We have graphic designers and other people who take care of the layout and other matters."

To visit the CSI awareness website and to get more information about it, go to www.connectagestudents.com.

Random Act Of Kindness Day.

Friday November 9



Reach out to another person
through a Random Act of Kindness!

Pick up a Random Act of Kindness Card and
'pay it forward' when performing a good deed!

Take a 5-minute act and see suggestions on how to 'pay it forward', check out...

Student Life Centre, Room 4

A11 Corridor at Whitehead Campus

at Dover at Dover Campus

Room 600/601 at Guelph Campus

Collectors at Cambridge Campus

and participating Campus Service Areas!



Photo by Wendy Bryan

Clara Byrne, president of Connectage Students Inc., shows off CSI's awareness website. She anticipates it will make more students want to get involved in CSI activities.

spoke videos

On Spoke Online (www.spokeonline.com) this week:

- Cambridge Photo Pass teams up with Rick Fels to offer Spoke for Bikes.
- Come and see how the United Way is getting into the Halloween spirit.
- Learn how to make pottery at Play with Clay in Guelph.
- View a Treasures of Orono exhibit.
- Check out the Tri-city Roller Derby's Tri-city Thunder as they compete in their first game of the season.
- Find out how you can raise awareness for Diabetes by donating old clothes.
- Take a look at the most precious of James Cameron's Avatar: The Exhibit at The Museum.
- Find out how you can stay safe this Halloween.

Research saves lives.

Please give.



HEART &
STROKE
FOUNDATION

Finding answers. For life.

It's time for a change

BY KATHLEEN WILSON

What's October being Bullying Awareness Month, the time to reflect on the issue and work at putting an end to it. Teenagers make no demands. Told we have to understand this month for taking their lives as a result of bullying.

I myself have been bullied in the past. Although we learn to not care about what other people think, when you're young and feel alone it's difficult to think that way. This day at all began I was sitting in my elementary school classroom during lunch. Other students decided to draw on the chalkboard for fun. After a few minutes I looked up to see that the word alone was written. The student who wrote it then told the class that I was alone because of my pale skin.

I was hurt and very embarrassed. Things completed from that point on. I ended up being the victim of many cruel jokes. Although I wasn't completely alone and had my family and best friend to lean on, it still felt awful and I wanted more than anything to not be friends.

I was so desperate for acceptance that I invited my biggest bully to my birthday party. Inviting her was my biggest mistake. It was a few weeks before my party and the girl started being nice to me and even asked me how I was. My mom told me not to invite her because she knew what the girl had put me through. I didn't listen unfortunately.

She came to my party and wasn't being nice at all. She tried to convince the other girls to do mean things to me while I was sleeping.

The next Monday I walked up to her to say hi and she ended up hitting me, that she was pretending to be my friend in just my party.

Each time someone did something mean to me, I would walk away in tears. I usually didn't cry until I came home crying every day, but even then I was ridiculed. Even after getting away from the bullies at school, I would go on the computer and then face cyber-bullying on MSN.

I was alone almost every day for a while, partly because it didn't want to go. Every time I would walk in the class, everyone looked at me and made sounds of disappointment. I spent most of lunch being verbally harassed. Harassment was often started about me as well.



PHOTO BY KATHLEEN WILSON

Many people have written love on their hands to promote visible acceptance. Since October is Bullying Awareness Month and people sometimes take their own lives as a result, this way of showing support could be seen more often.

Although I was rarely physically hurt by other students the words impacted me in a way that made life feel worse. When you're 12 years old, you don't feel like life will ever get better. I pretended myself being hated for the rest of my life.

Since the teachers and principals at the school didn't try to help my parents decided to transfer me to another school. It was hard to leave my best friend behind but I knew I had to go.

Right away my life began getting better although I still had problems liking it and feeling friends.

I wasn't in high school that the issues really went away. Something that has helped me cope with the bullies is to try the people who did it. Bullies know in the end with the love that they made someone's life worse. They can't take it back. Being the victim is tough but it's a good feeling to look back and know that I wasn't cruel to others.

Due to being bullied, I don't spend much money and anxiety. It still affects my life to this day. In some ways, even of bullying, some people have even developed post-traumatic stress disorder and many become suicidal. Some even take their own lives.

Your parents' pain can say

passed to be easy and comfort. However, in today's world there are too many children and teens who dread school.



COUNSELLOR'S CORNER: Relationships

Being a student and in a committed relationship can bring enjoyment and pleasure and also feel complicated in terms of responsibilities and demands on time. A healthy relationship is more likely to withstand the pressures and changes that

Barbara Pressman, developed a list of primary principles for a healthy relationship.

Here are a few ideas:

- Respect for the other person — no put downs, no insults, appreciation of different needs and beliefs and recognition of the possible need for separate as well as together time.
- Safety is of utmost importance — no emotional or physical violence. If there is even fear, there already is hurt.
- Caring behaviour and emotional support such as listening without judging or blaming and encouraging each other's interests.
- Intuitive decision making regardless of earnings, compromising differences, avoiding a win/lose result.
- Open communication including the capacity to share feelings, to be listened to attentively without giving advice (unless sought) and willingness to be assertive about expressing needs.
- Communication includes affection and sexual expression.
- These need to fit the needs of each couple and be mutually satisfying.

The counsellor at your campus is available to assist you with relationship issues.

A Message From Counselling Services.

Winner crowned at chili cook-off

BY CALIBRE MCLELLAND

Cambridge's first chili cook-off raised \$125 in support of the college's 2012 United Way Campaign.

Individuals and groups each submitted a pot of chili on Oct. 22 to be judged by faculty members of the Concordia community.

In total, 30 very unique chilis were available for tasting, from beef and pork to elk and vegetarian. There was also chili made with venison steaks, turkey and even a chili made with beef, cream and beer.

"I was looking for a condensation of spices and meat," said taste tester Becca Barrows. "The winning chili had a really smoky-tasting taste, and the win-

ner's venison had a really meaty flavor, too."

Pots were labelled with the type of chili and information about the ingredients used. Each chili was also labelled with a best flavor sign so that judges knew what to expect before taking a bite.

44 It's all about the flavor. ??

— Andrea McMeas

And while most people were too full to be allowed to sample every kind of chili, Andrea McMeas managed to try them all.

"I thought they were all

good in the end but there was one I remember most," said McMeas. "It's all about the flavor."

There was a minimum donation of \$5 at the door, which got judges interested, this, as well as home style and refreshments.

In the end, Ann Vignault's southwestern lamb chili won her the title of Best Recipe. Megan Guston and Jillian Green's team, Chilli Chilli Bang Bang, took first runner-up.

"This is fun and different way to get involved and support our campus," said Guston. "Plus I like a little competition."

Cambridge's chili cook-off was one of the many events that contributed to the col-

lege's United Way fundraising campaign.

Other events included Employee "Bingo for Baskets" and last week employees began their Purple Card Campaign, which, according to Jennifer Lewis, member of the college's United Way employee organizing committee, began in the main funds.

This year staff and students are hoping to raise \$100,000 by the end of the two-week campaign, which ended off on Oct. 17.

For more information about the Richardson-Warrior United Way, or for other ways to donate to the organization, visit Concordia's campaign website that week since were, another way to help.

SPICE IT UP

All you need to know about chili

- **Legend women, called "Chili Queens," earned the title over open fires in San Antonio a pizza.**
- **To know or not to know?** In Texas chili never includes beans!
- **Popular additions include:**
 - green peppers
 - garlic
 - corn or cheddar
 - onions or tomatoes
 - meat
 - chocolate
 - apples or leeks
 - brown sugar



SEXY COSTUMES

Cambridge
Self-Help Center

Kilbuck
10 Main St. D.

1st floor
7 King St. N

STAG SHOP
The Adult Store

StagShop.com



PHOTO BY CALIBRE MCLELLAND

Becca Barrows (right) gets a taste of spicy chili, one of the many options at Concordia College's chili cook-off in support of the United Way on Oct. 22. Venison included venison, elk and vegetarian.

1 in 5 survives.
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Canadian Diabetes

Diabetes Canada

Film fest has glitz and glamour

BY HELEN COOGLAND

An dozens of patrons entered Regent Theatre on Oct. 20 they had puzzled looks on their faces. Why were people standing around with cameras? The answer was, because appearing in a white SUV slowly crept up to the front entrance. A door opened and an unfamiliar woman stepped out. She then opened the rear door and as she stepped back the reason was clear. It was Susan Sarandon.

The actress was in town as part of the Grand River Film Festival (GRFF), which celebrated its sixth year. Waterloo Region and international filmmakers of short- and full-length films debated their papers from Oct. 18-21 in several theatres throughout the region.

"The festival has grown not only in size, but in scope," said Jennifer Reddick, who has been involved with GRFF since 2003.

Sarandon was in attendance as a part of the festival and also to support the film, *Robert and Frank*, in which she has a role.

To really bring it to moviegoers where *The Body Electric* (Picture Show) is considered a classic "Canadian cult." "I love history so I always feel comfortable here but the more I think that the culture of Toronto, even though I've worked in Montreal and even Winnipeg," she said.

She was quick to point out it's *Frank Langella* who is the star of *Robert and Frank* and that she plays a small part in a recent story that has a surprise ending.

The film, said Sarandon, "was made on no money and it's done surprisingly well by a first time director (John Seibert). It's really great that you have a festival because

this is where a lot of people get their films seen. When people like it, it makes people want to trust that they're good and show them (the film) in other places, especially your documentation."

Robert and Frank is a story of a retired man living on his own, who refuses to go into a retirement home. His son, played by James Marsden, knows him a robot because that is supposed to keep him active, healthy and help stimulate his brain by routine and physical activity.

The festival featured a number of other films including *The Entrepreneur*, a non-fiction film detailing the journey of Michael (Markus) Brinkley, an entrepreneur who, prior to his success, had no formal business plan, but was successful in building several large companies in large cities across the American public.

The film is directed by son, Jonathan Brinkley (Markus) and son, who is a filmmaker, and a member of the Brinkley clan were displayed outside the theatre.

Another film, titled *Stones We Tell*, by Toronto-based Sarah Polley, was shown. It is Polley's first feature length documentary.

According to David Torry, GRFF's vice president and one of the organizers of the festival, says GRFF-sponsored events will be held between the actual festival, increasing contact with the community.

"We have to determine exactly what shape, size and format they will be but we intend to reach out and bring our films and festival into all levels and all parts of the local community," Torry said.

GRFF board members are especially proud of how much they have accomplished this year as a board.



Actress Susan Sarandon attended the Grand River Film Festival (GRFF) Oct. 20 to view the film, *Robert and Frank*, which she had a small part in. She talked to the audience before the screening.

"Numerous people have contributed in the success of the festival. Our programming committee did an outstanding job of social media, which is a bit over my head as my colleagues" and Torry.

He added there were many factors and many people who made this year one to be most proud of so the festival moves to another level.

"We have a belief that we need to offer a broad range of culturally, socially and economically diverse movies to our community, not to alienate the community's interest in the art of movie-making from all angles. We want to be known and want to contribute to film making and the presentation of movies in all these forms and formats."

The festival screening and best answers, according to Torry, was the screening of *Greenwich Village* a feature-



PHOTO BY HELEN COOGLAND

length documentary about the movie scene that contributed to political, social and cultural changes of a generation.

"The best is for someone

like me who can relate to these years and music. It was a part of my life. I will be watching in feelings of nostalgia," he said.

Festival fulfils a community need

BY HELEN COOGLAND

The halls buzzed with anticipation as staff and Grand River Film Festival (GRFF) volunteers ran around feverishly, making sure everything was ready for the big day.

Held at Rochester's Regent Theatre, from Oct. 18 to 21 the festival is Waterloo Region's contribution to the film industry.

The event, which runs its sixth year, came out of a desire to showcase local talent and make films something several people in the community felt was missing. Through its screenings, the region has a lot to offer.

One of the people responsible for the launch is David Torry,

GRFF's on-site and down-to-earth organizer. He and the festival started out as an idea and within that came into a reality. The festival has been moving forward ever since. It showcases a broad range of films in several different categories and genres for all ages.

"We're modest and understating, but we want to be known and we want to contribute to the art of film making and the presentation of movies in all their forms and formats."

While working in past years, films and in part of our community. There is a very active filmmaking community in the Region of Waterloo. Many of



David Torry, GRFF's vice president and director of marketing, says the region has a very active film-making community.

these filmmakers do not have local outlets for their movies. "The screening tonight (Oct. 20) at Greenwich Village House That Defines

a Generation is significant in that regard because the director, Lou Archibald, is a Waterloo native and as such I think and hope she would have a few words to say tonight (Oct. 20) she did at the opening about the importance of your local community when you produce a movie of interest and importance, and we are the local community in Waterloo Archibald's case."

Torry said there were many factors that made the festival a success, especially this year as many great films fell into place. However, he said it's still a learning experience.

"Things aren't always perfect, but that doesn't mean they're bad."

"When it comes to the quality of films, Torry and our word can describe them, 'extraordinary.' These movies are not made for the mainstream but they are indeed important."

"Documentary movies inform us as humans bring they expose different aspects of the world that we live in, in a way that is unique to the director, which means it becomes unique to the audience," he said.

Torry hopes the festival's continued success will encourage directors to approach them and put their films in front of GRFF.

"I think the festival in the next five years will establish itself as a fixed point in this region."

ROLLER DERBY PICKS UP SPEED

STORY AND PHOTOS BY
LINCOLN TAYLOR

It was a doubleheader of pun, glam and debauch at the New Hampshire arena on Oct. 20.

Fans learned the rules to watch the Tri-City Thunder take on Queen City's Lake Effect Pumas in a fast, fast-kickin' game of roller derby. The audience cheered as women sporting low-waisted skirts, knee-high socks and tailored tighties raced around an oval track lined with the concrete floor. Tri-City Thunder won the game by a narrow margin of 170-163.

The night began with an exhibition bout between Tri-City's "Kitties" and Niagara Roller Girls' "Puppies" two "punk rock" teams made up of roller derby girls. The Kitties dominated the match, winning 80-15. Proceeds raised during the game went to support the R.W. Lawrence Society.

By the end of the evening, one thing was clear: This wasn't your everyday sport, my friend.

The Tri-City Roller Girls (TCRG) is a full-contact, fast-track roller derby league located in Richwood, W.Va. Since its inception in 2008, the league has grown to become three local teams, a travel team that competes internationally and another travel team in the works.

Roller derby is an exhilarating, fast-paced sport that is experiencing a revival. It's one of the hottest growing sports in the world with over 1,600 leagues across the globe and it's not hard to see why. It has all the elements that make a sport watchable: astronomical competition and a little bit of violence.

No longer confined to the street corners of 1970's derby—this derby is pure art and athleticism. That means all the late kicks and spins you see on the track are real and accepted.

The rules of derby are fairly simple. A roller derby bout consists of two 30-minute periods played between two teams. The periods are linked up into two main games.

Each team has five skaters on the track during a game, one skater differentiated from the other players by two stars on her helmet, three blockers and a pivot. Blockers and pivots take off from the front line on the first whistle giving them the start of the game. They skate into a tight circle with the goal of stopping the opposing team while making a path for their own skater to get



Tri-City Thunder players get revved up before their game against Queen City's Lake Effect Pumas at the New Hampshire arena on Oct. 20.

through.

On the second whistle both skaters race to each up to the pack. The first skater to get through the pack becomes the lead skater and men call off the rest of the team before the two minutes are up. After the initial lap through the pack, skaters score points for each opposing skater they pass legally.

The team with the most points at the end of the game is the winner.

Roller derby players come from all walks of life. They are students, teachers, social workers, lawyers, office workers, volunteers and pretty much everything in between. The thing they all have in common? They are completely hooked on derby.

Leigh Wyke knows all too well how addictive derby can be. Under the name Leigh Ann Jordan, Wyke divides her time between her league team, the Vooze Rly Tramps, and the traveling team, the Tri-City Thunder.

After watching her first game, Wyke decided "I'm going to do that," then taught her sister derby, putting the very end of it. "I ordered it all," she laughs. "Motion, hair, and everything."

She played for four years and says what she loves more than anything else about the sport is the bond she shares with her team mates.

"We all have so much love for each other. It's all so much fun - the practices, the games and just being a team together."

She also enjoys the thrill of watching the league's scoring competition.

"I love watching girls start

break and watching them progress," Wyke says.

"We had this break most games today and my heart was just racing. The girls were awesome. They were amazing."

The growth of the league, and perhaps the sport in general, can be attributed to its do-it-yourself attitude and strong, tight knit community. Grace Birmingham, who plays for the Vooze Rly Tramps and the Tri-City Thunder under the pseudonym Olive Will, says the camaraderie between players is what makes derby unique.

"I have never experienced such teamwork as that I've experienced on a derby play as," says the member of two.

"There's something about this sport that brings out the best in people and, I think, in women in particular because it's fun in the face of what you might think of as a business as what you might think of as a career sport or whatever."

That camaraderie even extends to the opposing team.

"We're all doing this because we love it," says Birmingham.

"I think that when you get a bunch of girls together who are doing this purely because they love it and because it makes them feel strong and because they want to, then there's an bond between. I mean, you might have a few hard feelings at the time but they're gone as soon as the game's over."

Tri-City Kitties player Shannon Noble's sister, Cayde Conner, agrees.

"We're all friends on the team and you know, all the work that team that had we'll still drink beers with



Tri-City Kitties players Leigh Ann Jordan (left) and Cayde Conner take a break from celebrating their victory over Niagara Roller Girls Puppies to pose for the camera.

them later," she says.

Birmingham says another amazing thing about derby is the amount of strength she can feel in her body.

"This training is very intense - it's three plays a week - and I practice up to eight hours a week. As a result, my overall good, I'm strong and I have done things that I never thought I could do."

"Every day there's new challenges," says Leigh Ann Jordan, a Tri-City Kitties player who joined the league last April.

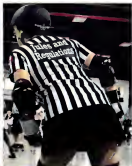
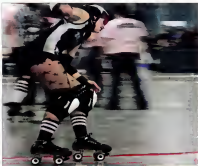
"That I think that's what attracts me to it."

"There's always something new to learn, something new to get better at," she continues. "We challenge ourselves every day. If we were going to make more as hard the next day to make sure we don't do it again. We look out over hills."

She's spending these hours freely and liberally. "We don't have any more hangovers," she jokes. "We just do this."



There's always lots of action in this pack. Players jockey for position during the Tri-City Thunder vs. Queen City Lake Effect Poles game at the new Hamburg arena on Oct. 20.



Photos by Lindsay Tessler

Above left: Tri-City Thunder player Remy scores quickly around the track during the bout.

Above right: roller derby referee Jalen and Regulations keeps a close eye on the game.

Right: players prepare for the start of a jam.

Far right: players wait for the game to begin.



Unplanned career pays off

Waterloo piercer says, 'I feel like piercing chooses individuals'

By FRANKIE J.

Villanueva said, "I really liked piercing and helping people as well as the experience of working one on one with somebody and then making them happy afterwards. Everybody that lets other I pierced them was excited. Even the guys made them feel good about themselves. That gave me a lot of energy. I had never felt anything like this before."

Determined to become a better piercer, Villanueva went on the Internet and found body piercers who had put their work up online and found more clients to him, hoping he could learn from them. He went to each piercer close to him and got a piercing, all the while asking them questions. "I took little bits of information and made my own apprenticeship out of it."

Now, decade later, Villanueva owns Thorne Studios, a still piercing and tattooing it.

Descon, Madison didn't plan on being a piercer at Tori Tutton when he was studying science and psychology at Wilfrid Laurier University. His original plan was to be a high school science teacher, but he was one year shy of his degree when he dropped out to pursue full time.

"I feel like piercing chooses

individuals," said Madison.

"When I was a senior, I got a job at a shop and then the town just kind of jumped the tracks a little bit and I started working senior at a tattoo shop in Owen Sound," he said. He said while working there, the previous piercer decided to leave and he got offered an apprenticeship. "Literally at the right place, at the right time," he said.

Madison still went to university Monday to Friday and did his apprenticeship in Owen Sound on Friday afternoons and evenings and all day Saturday. He'd go back to Waterloo on Sundays to do laundry and return to classes, repeating the cycle for the next two years.

After dropping out of university, he moved to Owen Sound to work full time, but ended up moving back to Waterloo a year later, in 2004, to work at Tori Tutton.

"I didn't know that 10 plus years ago that this would be the thing I ended up doing. It's like someone saying, 'Hey man, want to learn how to change a tire?' You: 'Who wouldn't you want to learn a new skill?' The opportunity that you don't look on as being the one that you maybe should. Be a pro man and just jump on it," Madison said.

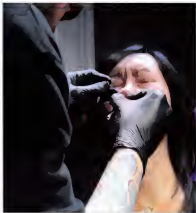


PHOTO BY KATHY GILBERT

Joyce Lee, 26, rings at Tori Tutton's piercer, Descon Madison, puts a needle through her nose on Oct. 22.

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RUNNING WHILE THEY STILL CAN



PHOTO BY KIM HARRIS

Playyear police foundations students do their solo-term running in the early morning air at Deer (airport). Oct. 22.

THEY WERE SURE TO GET TIRED AT THIS HALLOWEEN FUNRAISER



PHOTO BY KIM HARRIS

A team called FrodoBaggins flips a tire, which weighs 600 pounds, during CrossFit, Kalamazoo's Halloween-themed event competition that helped raise money for a CrossFit program at Kalamazoo Secondary School. CrossFit is a core strength and conditioning program.



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Free movies means free fun

Event raises funds for Starlight Children's Foundation



PHOTO BY ASHLEY QUINN

Haley (left) and Emily show off their balloon animals at Clingman Community Day in October 2010. The event included free movies and specially discounted concession items.

BY ASHLEY QUINN

The crowds were large as people gathered on Oct. 20 to participate in the second annual Clingman National Community Day in support of the Starlight Children's Foundation.

The event included free movies and specially discounted concession items, such as registered drinks and popcorn, and silent auction of candy for \$1 each. All of the proceeds from these items went to the Starlight Foundation, a national, non-profit organization that strives to improve the quality of life for seriously ill children and their families. They provide entertainment, education and other family activities to help these children cope with the pain, fear and isolation of an illness.

Over 125 Clingman students in other areas of the state hosted their own community day to help raise money for the night.

Movies being offered varied by location but included *How to Train Your Dragon*, *Transformers*, *Dark of the Moon*, *Plan 9 from Outer Space*, *King of the Hill*, *Planet 51*, *Mission: Impossible - Ghost Protocol* and *Phineas*.

There was also other entertainment for the kids. For a \$1 donation, children at the Clingman Community Day event could get their face painted or have a balloon animal made for them for a dollar. There was also a table where parents could make a donation and write their name on a

star to be posted on the wall. Sharon Roberts of Clingman is a mom of four small children. "This is great for the kids," she said. "It's hard to take four kids out but since the movies are free it's awesome. I don't mind paying for the balloons and stuff when I know all the money is going to charity."

Clingman students also enthusiastically sold the Starlight Pin for \$2 each, 100 per cent of proceeds from these pins go to the Starlight Foundation. Pins are typically sold in September and October.

Margaret Schoenfeld is a Clingman Community Day employee and a first year early childhood education student at Catawba College. She said "Community day helped extremely with our job sales. Each day we try to sell pins to help the Starlight Foundation. Hopefully next year we do just as well." The Clingman students had already sold over 1,000 pins to our community day.

As of Clingman's deadline, national numbers had not yet been tabulated, but Clingman Community Day alone had an attendance of over 1,200 people. If each of these people made at least one \$2 donation that would be over \$2,400 raised, and according to staff at the event many guests made multiple donations.

"Community day was an awesome success," said Schoenfeld. "It was nice seeing all these children laughing and running around with balloon animals."



PHOTO BY ASHLEY QUINN

Children gathered to receive balloon animals at Clingman Community Day.



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Foiling the Freshman 15



Nina Burns

Nina Burns, 23, wears a robe-bath called *Ethnoscaphity 101* (shown) for students, making it easier for them to cook.



BY KEEPOUR LOVING

A new cookbook has made it easier for students to cook for themselves. On Oct. 18, Nina Burns, 23, from Virginia Beach, Va., released a cookbook catering to students and their accommodations. It's called *Ethnoscaphity 101*.

In the book, Burns tells a tale of how to become friends with your kitchen, whether it be a dorm room, trailer, even at a cramped apartment kitchen.

After studying cookbooks for a year, Burns realized that there wasn't anything specifically for students.

"Nobody had hit the nail on the head," said Burns.

She said parents assume that they'll give their children enough information and guidance about how to take care of themselves, but when they move out and try to cook, they find that they can't.

It was then that Burns started her endeavor. About three years ago, she approached an editor with the idea. She showed him, Burns, 18, and the editor told Burns to get some recipes together and call her in a year.

In a year later, after saving \$2,400, she returned to her

dorm, of home, a published author.

This year, she graduated from the Art Institute of Virginia Beach's culinary program.

Though she lived in an apartment and had a well-equipped kitchen, Burns noticed her friends in smaller living quarters couldn't cook. With the assistance of Mother Burns, she started to create recipes for her friends and she learned along with them.

"I wanted to achieve my own degree and help students adapt to their surrounding and their cooking space," said Burns. "I had a full-fledged kitchen, but I wanted to know that someone else who didn't could do the same recipe that I could."

Burns said that was her goal and her mission. She started to post her recipes on a blog and figured it would make a really good book.

In *Ethnoscaphity 101*, Burns offers healthier alternatives to caffeine and fast food, although she didn't include the nutritional information.

"I don't do it because I just knew that the demographic that I'm writing for doesn't cook," she said.

Burns also said it's more

important to give them the option for healthier eating than bombarding them with nutritional diets. Her idea was to just give them a taste.

In the book, there are also a few recipes that most people wouldn't need, a recipe for, such as Peanut Butter and Jelly and Cheese Fries.

"Isn't that funny?" she said. "I did that for my own house."

She also figured when people go pick up a cookbook they assume that they won't make anything and when they find that one recipe that they have the ability to make, that's what sells them.

Burns' publisher, Stephanie Ridge, agreed with that statement and has been with Burns for the last six months.

"Nina's whole message is that you don't have to have a big fancy kitchen or have a heavily stocked pantry," said Ridge. "You can use very little ingredients and very little appliances to come up with healthy quick meals."

Though strategies such as rolling down dormitories and book signings, Ridge was comfortable with the sales so far. But her and Burns were very pleased with the media attention as well. Through

local and college newspapers, Burns has been able to connect with a larger audience. One event in particular was at a bakery, doing a demonstration for a group of an audience full of mothers and grandmothers.

"Each one of them couldn't wait to have a copy or two as Christmas gifts for the college students in their family," Ridge said.

She also said if she had had the option of a book like this in college, it would've saved her from eating bad food and opened her eyes to using fresh ingredients over frozen or canned.

Nowadays, students are more health conscious and being made aware of healthy eating at the beginning of adulthood can promote a good life long habit and avoid the Freshman 15.

Ethnoscaphity 101 is currently available through Amazon for \$19.95.

NINA'S FAVOURITES

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- Pizza
- Mediterranean Pasta
- Nuts, French Toast
- Banana Chocolate Muffins



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22

KNOW THE LYRICS
FUNDRAISER
12pm - 1pm
@ WING

Hosted by Business Foundations

UNITED WAY DAY
11am - 1pm

Hosted by United Way
Student Committee

SPORTS DECATHLON
FUNDRAISER
12pm - 1pm

Hosted by Business Foundations

17

18

24

25

31

1

PUMPKIN CARVING
FUNDRAISER
10am - 2pm

Hosted by
United Way
Student Committee

SPORTS
FUNDRAISER
12pm - 1pm

Hosted by
Human Services
Foundations

BUNNY WREAP
FUNDRAISER
12pm - 1pm

Hosted by
Human Services
Foundations

NOVEMBER

PUMPKIN
APOCALYPSE
FUNDRAISER
5pm - 1pm

Hosted by
Human Services
Foundations

Silent Auction
& FISH POND
FUNDRAISER
10am - 2pm

Hosted by
United Way
Student Committee

Volunteers to the rescue

BY GABRIEL KILPATRICK

Every year Conestoga College hosts a career fair to help high school students get information, and get a better idea of what is offered at colleges across the province. However, more people don't realize that it takes a lot of staff and students to organize the event and ensure it runs smoothly.

In order to help visitors feel at ease and be well informed, volunteers helped make the transition from the various educational booths smoother.

Groups of high school students and their families were guided from the reception where the majority of Conestoga's booths were located, to the main Dunn campus where 20 other colleges had booths.

The day also featured career fairs.

Students from the general arts and science programs helped out at the event.

Each student is required to take the student success course in their first year, and being that they too are trying to figure out their career goals and goals at make them the perfect volunteer candidates. Ever since 2007 the

first year students have been asked to volunteer two hours at their home at the Dunn campus. The Strategic for Student Success course, coordinator that volunteer effort. The project is a win-win for all, and the applied learning results are immeasurable," she said.

The students are required to do a lot more work than just show up and help greet guests, they also have pre-planning sessions and write a reflection that talks about their experience.

To say the students enhance the opportunity and enjoy the rest of going back to very impressive," said Gail. The students involved took their positions seriously as they answered any and all questions asked by parents and potential future students.

College representatives at the booths were appreciative and were more than willing to answer any questions about the programs they offered.

The volunteers also put personal touches at each and gave them an idea of what college life is really like and what they can expect for their child as they hopefully head off to college.

FLU SHOTS – GET THEM WHILE YOU CAN



Photo by Kristin Korman

Marianne Muller, a student in Conestoga's practical nursing program, gives her flu shot administered at the Health Services office at the Dunn campus on Oct. 22. Students who missed the clinic can still get their flu shot if they visit the office.

Music makes world go round

BY MARK VIGILANO

Music is a big part of most people's lives and sometimes it can help shape us. It helps us learn and create our minds. A post-secondary school is a perfect spot for music lovers to get their head in music.

A lot of universities have pubs or lounges on campus where local musicians can showcase their talent.

Michael Hanson, a second-year piano foundation student at Conestoga and "Local performance would be very interesting, especially on breaks. You would not sit at home, instead and relax with your classmates."

Dylan Crowl, a first-year music major at the University of Guelph, has a weekly singing gig at The Ballroom at the Guelph campus.

He plays there every Monday afternoon from 2 to 3 p.m. as between his classes.

Crowl said, "Every time I went to there (The Ballroom) they typically had good music being played, so I started to be a part of that."

"When I walk into because of my people I know like time on three people each time you that they are one at The Ballroom and that I was there."

Crowl is a singer/songwriter. He plays many different genres very well and enjoys writing a variety of instruments. He plays the bass, drums, harmonica, piano and also tells and he sings. However, he spends most of his time practicing the acoustic guitar which he is able to play in a very pure way.

"Some songs I play I can both my hands and I can't hold the guitar," Crowl said.

This is a technique where the guitarist plays the chords with one hand and the melody with the other, so two parts are played at the same time.

When Crowl makes music, it is usually folk. He appreciates folk for a lot of different reasons.

"I like playing folk because it's traditional and it sounds really good. It's all about the emotion – it's a story really or an really low – it's melodic but it's still happy" and Crowl, who says that harmony when he creates his own original music.

Hanson said he has a lot of interest in a variety of genres, as long as it keeps his foot tapping.

"I would want to hear something creative and fresh. But the same old modern day

mainstream crap," Hanson said.

Crowl, who has written and produced two Extended Play, likes when he gets to perform in front of an audience.

"The feeling when you actually play a show is just so great. It's just a different feeling," he said.

Crowl also plays piano at various events and lounges throughout his residence. He often plays popular song requests that passing its date left him to play.

He loves the comments he receives. "It's really nice to get positive feedback and to actually hear people like my music," he said.

Hanson said if he loved past things about the performance, it would just make him want to go and see the performance over more.

Crowl is involved in an online music history course, a musicology course, psychology, anthropology and French, which is his major.

"I pretty much am playing music all the time. Like when I'm out at home, I'm playing the guitar," he said.

Crowl is available to follow on Twitter @dylancrowl and is also live on YouTube pages where you can see his live performance.



Photo by GABRIEL KILPATRICK

Students in the general arts and science program lend a helping hand during the annual Career Fair at Conestoga College (C.C.). From left to right are volunteers Devin Tardif, Marianne Muller, Kristin Korman and Mike Winkler.



PHOTO BY MICHAEL ROYER

Left, Young, eating a hot dog, takes a dare to munch his way through the dare. Kelly Young is one of the dare eaters who competed for cash at the Scare Fair in Boone, Oct. 20.

Below and right, Dallas the Adroquero performs at the event, ingesting things that shouldn't be ingested.



PHOTO BY MICHAEL ROYER



PHOTO BY MICHAEL ROYER

GETTING SPOOKED AT THE SCARE FAIR

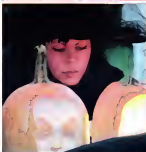


PHOTO BY MICHAEL ROYER

Kellie Karlsen carves an elaborate jack-o'-lantern at the fair. The tribute work takes special carving time and an eye for detail. A number of local artists showed off their carving skills.



PHOTO BY MICHAEL ROYER

Condors clip Grizzlies 19-13

BY BRIAN BOONICK

In the early afternoon hours of Oct. 22, the passing scenes of a whistle sliced through the chilly autumn air at Riverside Park in Cambridge. To the 10,000 spectators, passing was on the east side of the field, it was the sound of opportunity squandered to those on the west side of it was the worst sound of season.

In a match littered with penalties and turnovers, Georgetown's variety men's rugby squad was the more consistent of two inconsistent teams and held on by the skin of their teeth to defeat Georgian College 19-13.

"It was a little sloppy," Condor head coach Kyle O'Neill admitted after the game, "but we got the win."

Relevance as it may have lacked, the victory had a taste of redemption for the Condors, who blew a lead against the Grizzlies earlier this season.

On Sept. 23, Georgetown was leading 18-1 at the half only to allow Georgian to tie the game with less than five minutes remaining.

Like the Western Ontario "snipe" first meeting, the rematch was a hard-fought defensive battle. Neither team was able to move the ball much beyond mid-field until the Condors opened the scoring with a try in the 37th minute.

Georgetown responded once more later with a try of their own and the teams

went back to slugging it out on the trestles. Georgetown scored again minutes before halftime and took a 12-0 lead into the break.

The Grizzlies cut the lead to 13-11 early in the second half and dominated the second half. Georgetown's firing Davidson broke from a set piece the goal line in the 60th minute.

Over the course of the final 15 minutes, Georgian advanced the ball deep into Georgetown territory several times. Unlike the earlier meeting, however, the Condors' defense was able to keep them out of the end zone.

Before the game, Georgetown captain Simon Hafferty and flanker strong had been the team's Achilles heel all season.

"Defense's one thing I could say about our play, it's that we need to close games out. Two easy times this season we've taken that important step of relief when we have the lead."

"We let them back on the game last time," O'Neill said. "Today was a true test of how we've progressed through the season so far."

According to O'Neill, who began meeting with the midline defense last season and took over as head coach this year, the team's defense was a big reason for the win in the rematch.

"Our defense was great today," O'Neill said. "We were trapped deep in our own end and how many times? And we were able to drive them back each time."



PHOTO BY BRIAN BOONICK

Long Georgian party leader center for the Georgetown Condors, off comes an opponent from the Georgian Grizzlies on Oct. 22 at Riverside Park in Cambridge. The Condors won the game 19-13.

O'Neill and James Haffey who played outside center was also instrumental in the team's win at their driveway.

"This more of a quiet lead," O'Neill said of the strong Georgian Grizzly. "He won't be a guy to get up and yell at everyone, but he'll make the big hit on the big run at the right time."

The win, their second in a row after a lopsided

18-0 loss to Inverness last year. Hafferty, a second-year Georgian, a brother of English up coach at their driveway. A win against Mohawk next week will not only vault them ahead of Georgian on the standings, but also secure them a home playoff game on November.

While the Condors did not lead the Western Ontario rugby league this season, Hafferty

and they can't take their final opponent of the regular season for granted.

"The game against Mohawk is the only thing we're thinking about," Hafferty said. "Team make the mistake looking past a team and we can't afford to do that."

"With us in the driver's seat," O'Neill added. "It's up to us to finish this season strong and go into the playoffs on a high."

Fastball team has up and down season

BY BRIAN BOONICK

It was a pair of missed opportunities for Georgetown's women's fastball team, as their season came to an end with a disappointing 12-0 loss against Humber College on Oct. 12.

The Condors finished with a record of only four wins to three 11 losses, although the season got off to a good start.

The opening game for Georgetown was against St. Catharines on Sept. 11, and although they lost by score of 3-0, coach Bob Prout, who has been with the team for eight years, said last month to be optimistic about this point.

"We were missing two starters and had a player injured,"

he said. "But we still came away with only a 3-0 loss and we were able to keep them off the scoreboard for four innings."

The optimism was rewarded — after that loss the team played two tightly contested games against Mohawk College, both of which Georgetown won in a single run.

"This was followed by a loss against Humber and then a 12-1 win against St. Catharines College. This left the Condors with a winning record and the group's morale was high."

"The morale was pretty positive," said Prout. "We had a couple of players this year who were good characterists and kept everyone positive and upbeat."

The season then took a

turn for the worse — a four game losing streak was finally ended by a 4-0 win over Mohawk, but this couldn't stop the team's slump.

Two consecutive losses against Durham College were followed by a particularly painful one-run loss for the team to Seneca which meant they could no longer make the Ontario Colleges Athletic Association Championship.

"The girls looked a little tight, and nervous," Prout, admitting that the potential to make it into the playoffs had the team frustrated.

"The team had defeated Seneca once earlier in the season, and the driving was one that really hurt the play-

ers. I think we were all a little overconfident," said Hafferty. "I believe there had a lot to do with our random performance." Prout "Finally in such a short season, and we need everyone on board for every game and practice."

Despite the challenging season, Hafferty thinks the girls made progress as a team

throughout the course of the year.

"I love baseball, it's my passion and I love the girls I play with," she said. "This year we team felt like an actual team not just like girls playing baseball on the same field."

Varsity sports are a way into professional and national championships, and Prout wants a more structured approach from some of his players next season as they can try to qualify for these championships.

"There were a few games, especially the last weekend, where we were missing players," he said. "If we can get more commitment and play good fundamentals without them I think we can do a lot better."